

Rochester Senior Activity Center April 2024
Rec.rochesternh.gov - 603-332-4120 - Like us on Facebook and Instagram

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
31-Mar	1	2	3	4	5	6
	RSAC: Drop In Hours 9am-12pm Quilting & Crafting 9-12pm Mah Jongg Free Play 1pm-3pm Iyengar Yoga 6pm-7pm Arena: Cardio Drumming 11am-12pm	RSAC: Drop In Hours 9am-12pm Veterans' Time 9-12pm Bingo 1pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Chair Yoga 9:30am-10:30am Chair Yoga 11am-12pm Kundalini Yoga 6pm-7:30pm	RSAC: Drop-in Hours 9am-12pm Tech Support 9am-11:30am Cribbage for Seniors 1pm-3pm Beginner Line Dancing 6pm-6:45pm Intermediate Line Dancing 7pm-7:45pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Drop-in Hours 9am-11am Mobility 9:45am-10:30am Game Day 1pm Arena: Zumba Gold 11am-12pm	
7	8	9	10	11	12	13
	Senior Trip: Eclipse Viewing RSAC: Drop In Hours 9am-12pm Quilting & Crafting 9-12pm Mah Jongg Free Play 1pm-3pm Iyengar Yoga 6pm-7pm Arena: Cardio Drumming 11am-12pm	RSAC: Drop In Hours 9am-12pm Veterans' Time 9-12pm Bingo 1pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Chair Yoga 9:30am-10:30am Chair Yoga 11am-12pm Kundalini Yoga 6pm-7:30pm	RSAC: Drop-in Hours 9am-12pm CVNA Foot Clinic 11am-12pm Seminar on Medicare and Medicaid 1pm-2:30pm Beginner Line Dancing 6pm-6:45pm Intermediate Line Dancing 7pm-7:45pm Conf Rm 1: Cribbage for Seniors 1pm-3pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Drop-in Hours 9am-11am Mobility 9:45am-10:30am Game Day 1pm Arena: Zumba Gold 11am-12pm	Cycle of Memory 2pm
14	15	16	17	18	19	20
	RSAC: Drop In Hours 9am-12pm Quilting & Crafting 9-12pm Mah Jongg Free Play 1pm-3pm Iyengar Yoga 6pm-7pm Arena: Cardio Drumming 11am-12pm	RSAC: Drop In Hours 9am-12pm Veterans' Time 9-12pm Bingo 1pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Chair Yoga 9:30am-10:30am Chair Yoga 11am-12pm Kundalini Yoga 6pm-7:30pm	RSAC: Drop-in Hours 9am-12pm Tech Support 9:30am-11:30am Cribbage for Seniors 1pm-3pm Beginner Line Dancing 6pm-6:45pm Intermediate Line Dancing 7pm-7:45pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Drop-in Hours 9am-11am Senior Breakfast 8:30am-9:30am Mobility 9:45am-10:30am Game Day 1pm Arena: Zumba Gold 11am-12pm	
21	22	23	24	25	26	27
	RSAC: Drop In Hours 9am-12pm Quilting & Crafting 9-12pm Mah Jongg Free Play 1pm-3pm Iyengar Yoga 6pm-7pm Arena: Cardio Drumming 11am-12pm	RSAC: Drop In Hours 9am-12pm Veterans' Time 9-12pm Bingo 1pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Chair Yoga 9:30am-10:30am Chair Yoga 11am-12pm Kundalini Yoga 6pm-7:30pm	Senior Trip: 1692 Salem Tour RSAC: Drop-in Hours 9am-12pm Cribbage for Seniors 1pm-3pm Beginner Line Dancing 6pm-6:45pm Intermediate Line Dancing 7pm-7:45pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Drop-in Hours 9am-11am Mobility 9:45am-10:30am Game Day 1pm Arena: Zumba Gold 11am-12pm	
28	29	30	1-May	2-May	3-May	4-May
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